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equalizer to reduce channel-specific impairments from said received predefined training sequence prior to selecting said initial matrix parameters.

- 14. Method for reducing cross-talk in a communications system comprising a plurality of communications channels, each communications channel propagating a respective set of in-phase (I) and quadrature (Q) signals, said method comprising:
 - (a) processing at least one set of I and Q signals according to a
 respective pre-coding matrix to produce respective pre-coded I and Q signals;
- 10 (b) communicating said at least one set of pre-coded I and Q signals via a respective communication channel;
 - (c) receiving, for each communicated set of pre-coded I and Q signals, data indicative of differences between transmitted and received signals;
- 15 (d) adapting respective pre-coding matrices in response to respective received difference data; and
 - (e) repeating steps (a) through (d) until said difference data associated with said at least one set of I and Q signals is less than a threshold difference level.
 - 15. The method of claim 14, wherein said data indicative of differences between transmitted and received signals comprises mean square error data.
- 25 16. The method of claim 14, wherein said of in-phase (I) and quadrature (Q) signals form carrierless amplitude and phase (CAP) modulated signals.
 - 17. The method of claim 14, wherein said of in-phase (I) and quadrature (Q) signals form quadrature amplitude modulated (QAM) signals.
 - 18. The method of claim 14, further comprising:

- (f) increasing an amplitude level of said at least one set of said I and Q signals; and
- (g) repeating steps (a) through (d) until said difference data associated with said at least one set of I and Q signals is less than a second threshold difference level.

19. Apparatus, comprising:

a transmitter, for adapting an encoded data signal according to at least one pre-coded signal, said at least one pre-coded signal being determined with respect to encoded signals from at least one other transmitter, said pre-coder function adapting said encoded signal in response to a pre-coded matrix to produce a pre-coded encoded signal.

- The apparatus of claim 19, wherein said transmitter further comprises
 a filtering function, for adapting said pre-coded encoded signal to a transmission channel, said transmission channel tending to impair signals transmitted therethrough.
 - 21. The apparatus of claim 20, further comprising:

a plurality of receivers, for receiving respective transmitted signals from respective transmission channels, each of said receivers determining an impairment level associated with a corresponding transmission channel and propagating impairment indicative data to a corresponding transmitter;

said transmitters adapting respective pre-coder matrices in response to respective channel impairment indicative signals.

- 22. Apparatus for reducing cross-talk in a communications system comprising a plurality of transmitters for transmitting encoded data signals via respective communications channels, said apparatus comprising:
- a transmitter including a summer for adding a first encoded data signal to at least one pre-coded data signal to produce an output signal, said at least

one pre-coded data signal determined according to a respective pre-coding matrix, each of said at least one pre-coding matrices having associated with it a respective encoded data signal;

said transmitter communicating said first pre-coded signal to a respective first communication channel; and

said transmitter modifying said at least one pre-coding matrices in response to an impairment indicative signal in a manner tending to offset channel impairments experienced by said output signal within said first communications channel.

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23. Apparatus for reducing cross-talk in a communications system comprising a plurality of transmitters for transmitting encoded data signals via respective communications channels, said apparatus comprising:

means for processing a first encoded data signal according to at least one pre-coding matrix to produce a first pre-coded signal, each of said at least one pre-coding matrices having associated with it a respective encoded data signal;

means for communicating said first pre-coded signal to a respective first communication channel; and

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means for adapting said at least one pre-coding matrices in response to an impairment indicative signal;

said processing tending to offset channel impairments within said first communications channel.